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Housekeepers' Chat

Thurs., July 26,
or later.

NOT FOR PUBLICATION

Menu and recipes, questions and answers, from Bureau of Home Economics, U. S. D. A.

Bulletins available: Home Baking, Fitting Dresses and Blouses.

--ooOoo--

A truly delicious Blackberry Pudding is the chief attraction of our dinner today. A Blackberry Pudding which may be served hot or cold, with plain or whipped cream. But perhaps I'd better begin at the other end of the meal, with the Lamb Chops. Here's the menu, for your Radio Notebooks: Broiled Lamb Chops; Succotash; Quick-Cooked Summer Cabbage; and Blackberry Pudding.

I won't go into detail about the Broiled Lamb Chops. If you have a copy of the new Lamb Leaflet, you'll find the directions for Broiled Lamb Chops on page three, and a picture of Broiled Lamb Chops on page 4. Juicy and golden brown, with just enough parsley to make them look festive. Remember the one important point about cooking lamb; whatever way it is cooked, if it is to be served hot, it should be piping hot, on hot plates, because the fat hardens as soon as the meat begins to cool.

Our next dish is Succotash. By the way, do you know that Succotash was originated by the American Indians? The first white settlers learned how to make this dish from the Indians. I don't suppose they used the same recipe I'm broadcasting today, but it was probably about the same. Five ingredients, for Succotash:

- 1 pint lima beans
- 6 ears corn
- 1/2 cup cream or rich milk
- 2 tablespoons butter, and
- Salt

Let's repeat the ingredients: (Repeat)

Simmer the beans, in a small quantity of lightly salted water, until tender. In the meantime, cook the corn on the cob in salted water, for 10 or 12 minutes, then cut from the cob. In cutting the corn, use a sharp knife to trim off the tops of the kernels, and then scrape out the pulp with the back of the knife. Mix the corn, with the drained cooked beans, add the cream or milk and the butter, heat to the boiling point, and add more salt if necessary.

Today's dessert is a truly delicious one, Blackberry Pudding. Seven in-

H.C. 7/26

Ingredients, for Blackberry Pudding:

1 quart blackberries	1-1/2 cups sifted soft-wheat flour
1/4 cup butter	2 teaspoons baking powder, and
1/2 cup sugar	1/4 teaspoon salt.
1 egg	

Seven ingredients, again: (Repeat)

Wash the berries, and drain well. Spread two cups of berries out in a single layer, to dry off. Heat the remainder of the berries for a few minutes, press, and strain the juice out. There should be one-half cupful of juice; if there is not, add water to make this quantity. Cream the butter, add the sugar, and the well-beaten egg. Sift the dry ingredients together, reserving 2 tablespoons of flour for coating the berries. Add the dry mixture, alternately with the fruit juice, to the butter, sugar, and egg mixture. Fold in the floured fruit, and bake in a well-greased tube pan in a moderate oven (300° to 325° F.) for one hour or longer. Serve hot or cold, with plain or whipped cream or sauce.

To repeat the menu: Broiled Lamb Chops; Succotash; Quick-Cooked Summer Cabbage; and Blackberry Pudding.

Questions and Answers next.

First question: "What is the meaning of the word fell as applied to lamb?"

Answer: The fell is the thin papery outer covering on the lamb carcass. Although most recipes frequently advise that it be removed before cooking, it is now believed that the flavor of the lamb is not affected by the fell. Leg of lamb keeps its shape better if cooked with the fell, but shoulder, saddle, and chops cook better without it.

Second question: "Do you have a recipe for cooking kohlrabi?"

Answer: You won't need a special recipe for cooking kohlrabi. It is cooked in much the same way as turnip, but is more delicate in flavor.

Third: "Please tell me whether an angel food cake should be baked in a greased pan. What temperature should the oven be, for an angel food cake?"

Answer: An angel food cake should be baked in a smooth, ungreased pan. Use a tube pan, because the center opening allows the cake mixture to heat evenly. Bake the cake in a slow oven, about 325 degrees Fahrenheit. Too hot an oven will cook the eggs before the air in the cake has a chance to expand, and the cake will be tough and heavy. A fairly large cake takes about an hour for baking. It will rise for the first thirty minutes of its baking, become delicately brown the next 15 minutes, and shrink from the edge of the pan the last 15 minutes. When you have tested the cake, with a toothpick, and found that it is done, take it out of the oven, and turn the pan upside down on a wire rack, to cool. When the cake is cool, loosen it from the pan, with a spatula. Never cut an angel food cake with

H.C. 7/26

a knife. That makes it "sad." Break it with your fingers, or tear it gently, with a fork. If you want to know more about making sponge cakes, and for that matter all kinds of cakes, better send for the bulletin on "Home Baking."

Next question: "Does it pay to wrap ice in a newspaper or a cloth, before it is placed in a refrigerator?"

Answer: It does not. As I said the other day, wrapping the ice retards the circulation of air, and insulates the ice from the rest of the refrigerator. Another thing -- don't use your ice to cool such things as carrot tops, outside leaves of lettuce, or thick paper wrapping. The ice required to keep these things cool might just as well be used to keep food cool.

As I said before, the main object of using a refrigerator is to save food, not ice, and real economy means having well-insulated walls, in keeping the ice chamber well-stocked, in opening the doors only when necessary, and in putting nothing into the refrigerator which does not need to be kept cool. Every food put into the refrigerator should pay for the ice it melts.

The refrigerator should be scrupulously clean. Keep the ice chamber, the drainpipe, and the trap, free from sediment and slime. Wash them occasionally with hot water and washing soda, and rinse with cold water.

And don't forget, when you put "left-overs" in the refrigerator, that they should be kept cold and covered. Use them promptly, especially in hot weather, and if possible, heat them thoroughly before they're served again. Dangerous poisons can develop in such foods, without making noticeable changes in taste or smell.

The next question is from a housewife who wants a few suggestions for summer breakfasts. This request reminds me of two people in my home town, who have just celebrated their golden wedding. The wife says she has cooked two soft-boiled eggs for her husband every morning, for 50 years. According to my way of figuring that's more than thirty-six thousand soft-boiled eggs.

But far be it from me to suggest anything else, if a man is really fond of soft-boiled eggs. Of course, if he prefers a change now and then, he might like one of these three summer breakfast menus:

Number I -- Cantaloupe, fried tomatoes, hot biscuits, and a beverage, hot or cold, as you like. One of my friends is serving iced coffee for breakfast these hot mornings.

Number II -- Ready-to-serve cereal with sliced peaches and cream, omelet, toasted rolls, and a beverage.

Number III -- Raspberries with cream; shirred eggs; toast; and ice-cold milk.

Does everybody know how to prepare Shirred Eggs? Simply drop the eggs into a shallow baking dish, sprinkle buttered bread crumbs on top, and bake in a moderate oven, until the eggs set. If individual baking dishes are used, the eggs can

H.C. 7/26

be served right in these dishes.

The last question is from a listener who wants a copy of the bulletin called "Fitting Dresses and Blouses," to use in making summer dresses. This bulletin is no longer on the free list. However, you can get a copy by sending 10 cents to the Superintendent of Documents, Government Printing Office, Washington, D. C.

Have you noticed that cotton dresses are being worn for almost every occasion this year? A friend of mine says she wore a cotton print, which cost her \$1.95 ready-made, to an exclusive garden party the other day, and was complimented on her "Frenchy" frock. It's a becoming dress, made with a basque waist, and full skirt, and trimmed with bias binding which matches the blue flower pattern.

Miss Griebel, clothing specialist of New Jersey, gave us some good advice last week.

"Be sure," says Miss Griebel, "that you choose a design for your washable frock that will insure ease in laundering. So many makers of ready-to-wear dresses as well as many who make clothes at home overlook the very thing that should be fundamental in such garments. Some designs that are suitable for silks are equally good for cottons; some are not, because of fine pleatings, circular flounces, intricate seaming, and a general fussiness that calls for dry cleaning instead of the washtub. I see cotton dresses made in such a way that to 'do them up' would drive any laundress wild... Remember always that the cotton dress should be simple, fresh-looking, and have dainty finishes that stamp it as belonging to a woman of taste."

No more questions today. Tomorrow, another menu and a number of recipes.

